

**Date:** December 20, 2019

**CYF Memo:** # 15- 19/20

**To:** CYF Outpatient Mental Health Treatment Providers

**From:** Yael Koenig, CYF Deputy Director

**Re:** **Utilization Management (UM) Outpatient Cycle Expansion**  
**14 Session Brief Treatment Model**  
**Effective January 1, 2020**

The CYF Outpatient Utilization Management (UM) Cycle is expanding to allow for a second assessment session. Traditionally one assessment session was followed by a treatment planning session to inform the subsequent treatment phase. With the shift to the new outcome tools, the system has identified a need to add a second assessment option to incorporate results from the Child and Adolescent Needs and Strengths (CANS) and Pediatric Symptom Checklist (PSC-35). Effective January 1, 2020:

- Treatment session cycle will move from:
  - 13 to 14 Individual Session Cycle
  - 18 to 19 Family or Group Session Cycle
  - Program may utilize one or multiple assessment sessions within the 14 or 19 session cycle, as indicated.

The intent for the additional session is to ensure that the CANS and PSC-35 results are incorporated into the Client Plan. It is important that the goals are informed and developed based on the symptoms, needs and strengths identified in the CANS and PSC-35 results.

Please discard the UM Request Form dated 9-1-19 and replace with the 1-1-20 version. The two impacted and attached updated forms can be found at the Optum website: <https://www.optumsandiego.com/>

Please contact your Contracting Officer Representative (COR) with any questions.

**Attachments:** UM Request Form dated 1-1-20  
UM Request Explanation Sheet dated 1-1-20

**CC:** Optum Health  
Child and Adolescent Services Research Center (CASRC)  
Health Services Research Center (HSRC)  
County of San Diego Performance Improvement Team (PIT)  
County of San Diego Quality Management (QM)